

PRP (Platelet Rich Plasma) Pre-Procedure Guidelines

IMPORTANT

It is extremely important that you check with your primary care doctor, or specialist, about coordinating any medication regimens that thin the blood, or hinder the platelet process, prior to your PRP treatment. Such medications include anti-inflammatory/NSAIDs, antiplatelet blood thinners and anticoagulant (which may or may not affect platelets) blood thinners.

DISCONTINUE PRIOR TO PRP PROCEDURE

6 Weeks Prior

No Intraarticular or tendon steroid Injections

- *Includes Cortisone*

2 Weeks Prior

Blood thinning herbs, supplements, or vitamins

Systemic Steroids

- *Includes Prednisone, Hydrocortisone, etc.*

7 Days Prior

All Anti-inflammatory/NSAIDs

- *Anti-Inflammatory/NSAID medications include Aspirin, Advil, Motrin, Ibuprofen, Aleve, Naproxen, Meloxicam, etc.*
- *Antiplatelet blood thinners include Aspirin, Plavix, etc.*

3-4 Days Prior

Anticoagulant blood thinner

- *Anticoagulant blood thinners include Eliguis, Pradaxa, Lovenox, Xarelto, Coumadin, etc.*

Feel free to contact our office at 850-407-7840 if you have any questions or concerns as you progress.